

Chicken Parmesan Meatball Skillet

2 tbsp Olive oil

1 lb ground chicken

½ cup Italian seasoned breadcrumbs

¼ cup parmesan

¼ yellow onion, diced

1 tablespoon Italian seasoning

1 tsp garlic powder

salt + pepper, to taste

2 cups mozzarella cheese

¼ yellow onion, diced

2 cloves of garlic, minced

1 ½ cups Jarred marinara

Handful of chopped parsley, to garnish

Bagel chips

French baguette

Hawaiian rolls (the fan favorite)

1. Preheat the oven to 400 degrees.
2. Combine the ground chicken with the parmesan, bread crumbs, diced yellow onion, salt + pepper.
3. Warm olive oil in a skillet over medium- high heat.
4. Form ground chicken into small meatballs and brown in an oven safe skillet on medium-high heat. Once brown on all sides, remove to a plate.
5. Add remaining diced onion and garlic to the skillet. Stir till fragrant. Add jarred marinara sauce. Season with Italian seasoning, garlic powder, salt, pepper, and red pepper flakes (optional),
6. Top with shredded mozzarella cheese and additional parmesan.
7. Bake for 12 minutes. The sauce should be bubbling, the cheese melty, and the meatballs cooked throughout.
8. Enjoy on Hawaiian rolls, French baguette slices, or with plain bagel chips.

NOTE

Depending on the size of your skillet, you might need to brown the meatballs in batches. You don't want to crowd your pan!

After browning meatballs, the chicken won't be completely cooked throughout. Must finish in the oven to make sure the meatball are ready to eat.